

### Abstract Of The Disclosure

A back support device for heating and stimulating the nerves of a user's back includes a belt having inner and outer coverings, a conformable heat transfer pad having inner and outer coverings joined to each other to form discrete sections that are  
5 filled with a particulate heat retention material, a heating element adjacent the outer side of the heat transfer pad, a back support plate adjacent the outer side of the heating element, and at least one nerve stimulator. The nerve stimulator may be formed of a plurality of vibrators, a transcutaneous nerve stimulator, or both. A battery and a controller power and control the heating element and the nerve stimulator. The heat  
10 transfer pad and back support plate are preferably of approximately the same shape and size, while the heating element is of a smaller size, permitting the vibrators to contact the heat transfer pad.